

Checklist: Providing Skin Care and Pressure Relief

Providing Skin Care and Pressure Relief	Able to Perform	Unable to Perform
1. Perform hand hygiene before patient contact.	<input type="checkbox"/>	<input type="checkbox"/>
2. Gather necessary supplies, including gloves, cleansing supplies, towels, moisturizers, barrier creams, clean linens, and positioning devices if needed.	<input type="checkbox"/>	<input type="checkbox"/>
3. Identify the patient using facility-approved identification procedures.	<input type="checkbox"/>	<input type="checkbox"/>
4. Explain the procedure and provide privacy.	<input type="checkbox"/>	<input type="checkbox"/>
5. Apply appropriate PPE according to standard precautions and facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
6. Assess the patient's skin condition from head to toe as appropriate, observing for redness, discoloration, bruising, dryness, swelling, open areas, rashes, or pressure injuries.	<input type="checkbox"/>	<input type="checkbox"/>
7. Pay special attention to bony prominences such as heels, elbows, hips, sacrum, ankles, shoulders, and back of the head.	<input type="checkbox"/>	<input type="checkbox"/>
8. Cleanse the skin gently using warm water, mild soap, or approved cleansing products.	<input type="checkbox"/>	<input type="checkbox"/>
9. Remove urine, feces, perspiration, or other contaminants promptly to reduce skin irritation and breakdown.	<input type="checkbox"/>	<input type="checkbox"/>
10. Rinse the skin thoroughly to remove soap residue if applicable.	<input type="checkbox"/>	<input type="checkbox"/>
11. Pat the skin dry completely, especially in skin folds and areas prone to moisture accumulation. Do not rub vigorously.	<input type="checkbox"/>	<input type="checkbox"/>
12. Apply moisturizer to dry skin as appropriate, avoiding excessive moisture between skin folds.	<input type="checkbox"/>	<input type="checkbox"/>
13. Apply moisture barrier cream or protective products to areas exposed to incontinence or excessive moisture according to care plan or facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
14. Reposition the patient regularly according to facility policy and patient needs to relieve pressure on vulnerable areas. .	<input type="checkbox"/>	<input type="checkbox"/>
15. Use pillows, foam pads, heel protectors, or other positioning devices to reduce pressure and maintain proper body alignment.	<input type="checkbox"/>	<input type="checkbox"/>
16. Ensure linens are clean, dry, smooth, and free of wrinkles.	<input type="checkbox"/>	<input type="checkbox"/>
17. Encourage mobility and position changes when appropriate and safe for the patient.	<input type="checkbox"/>	<input type="checkbox"/>
18. Ensure clothing and devices such as tubing or braces are not causing pressure or friction on the skin.	<input type="checkbox"/>	<input type="checkbox"/>
19. Observe for any new or worsening skin changes including redness that does not fade, open areas, blisters, drainage, warmth, swelling, or complaints of pain.	<input type="checkbox"/>	<input type="checkbox"/>
20. Report abnormal skin findings or changes promptly to the supervising nurse according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
21. Remove gloves and other PPE according to infection-control procedures.	<input type="checkbox"/>	<input type="checkbox"/>
22. Ensure the patient is comfortable and properly positioned after care is completed.	<input type="checkbox"/>	<input type="checkbox"/>
23. Lower the bed to the lowest safe position and ensure the call light is within reach.	<input type="checkbox"/>	<input type="checkbox"/>
24. Dispose of soiled supplies and linens according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
25. Perform hand hygiene after completing the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
26. Document skin care provided, positioning interventions, skin observations, pressure relief measures,	<input type="checkbox"/>	<input type="checkbox"/>

and any reported concerns according to facility policy.

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